



May 2, 2011

IVHInsights

Employee Services

by Kathy Bair

If you enrolled in health insurance, please take time to review your insurance benefits periodically. Wellmark health insurance plans through state employment cover a "routine" annual physical each year. Each Wellmark plan has a different deductible and/or co-pay. IVH requires that employees provide proof once every four years of a physical. **PLEASE NOTE THAT PHYSICALS FOR TRAVEL, EMPLOYMENT OR ATHLETIC RELATED/REQUIRED ARE NOT COVERED BY OUR WELLMARK PLANS.** Only a routine annual physical is covered.

You need to make sure when scheduling physicals that you schedule a routine annual physical AND NOT A WORK-RELATED PHYSICAL or claims will be denied. We have had a few cases where employees scheduled a "work physical" and the claims were denied by Wellmark.

Please visit the DAS website under Benefits for more information on coverage with our plans.



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Commandant's Corner

Sunday, May 8th is Mother's day and I think we should pay tribute to all of them. I believe the toughest, most demanding, and most rewarding job in the world is being a mother.

According to Washington Irving, "A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us, when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

During a speech in 2008 Randall Butisingh said, "The ideal mother is God's substitute on earth. She nourishes her child with her own

body when first born. She watches and protects it night and day. She tends it lovingly as a gardener tends his precious plants, watering, mulching, pruning, keeping off harmful pests. A good mother is patient and self sacrificing; she sleeps not while her little one is awake, and she is worried when it is ill.

Now, I would like you all to join me in wishing all the mothers here **HAPPY MOTHERS DAY** and ask God's blessings on them so that they can continue their demanding role until the end. Also, to those who are not biological mothers, but have played the role successfully, are just as deserving of our thanks and appreciation."

Commandant David Worley

Legislative Update by Lisa Purvis

The Iowa Legislature is now going into "overtime" with the current session. The Legislature plans to return to work in at the Statehouse today. But there is no timetable in sight for adjourning the 2011 session, which began in January.

At issue are several budget items including the Health & Human Services budget (IVH state appropriation is included in this budget). The House passed one version of the bill (HF649) that calls for a two-year spending plan. The Senate has made it clear that they are not willing to consider a two-year budget. In addition, the Governor has stated that he is unwilling to sign anything but a two-year budget.

The House version of HF649 gives IVH \$8.9m in FY12 (same as FY11) and \$9.9m in FY13. The IVH continues to request amendments that would restore the appropriation to the Governor's recommended funding levels of \$10,208,700 for FY12 and \$11,509,828 for FY13.

EMPLOYEE HEALTH *by Patti Sharp*

May TB Tests

All employees with May birthdays whose last names begin with letters M through Z are required to have a TB test. The test will be administered in Employee Health on the following date and time:

Monday, 05/02/11

6:15 AM to 8:30 AM

2:00 PM to 3:15 PM

The test will be read on:

Thursday, 05/05/11

6:15 AM to 8:30 AM

2:00 PM to 3:15 PM

If you need to make other arrangements, contact Teresa Keith at ext. #4507. Testing must be completed by the end of the month.



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Call ext. 4397 or

send to PR/Mktg Dept.

IVH Appreciation Month *by Jim Elliott*

During May, we celebrate all the good things that happen in the spring and enjoy a variety of activities indoors and out. We also raise funds for the Marshall County Emergency Food Box through auctions and contests. We hope you will be able to take some time and join in the fun.

May 3, Tuesday

Mini Olympics

Dack LRC

9 AM to 10:30 AM

May 11, Wednesday

Jerry's Barnyard

9 AM to 3 PM

Kettle Korn by Caryn

Wheel of Fortune

Parking Spot Silent Auction

10 AM to 1 PM

Dack LRC

May 12, Thursday

Garden Box Planting

Malloy Courtyard

9 AM

May 18, Wednesday

Pie contest

Kopper Kettle

10 AM

Pie & Parking Auction

Dack Dining Rm.

1 PM

May 19, Thursday

Facility-Wide Ice Cream Social

Music by The Last Chance Band

Atha Dining Room

1:30 PM to 3:30 PM

May 20, Friday

Am. Legion Auxiliary Patriotic Bingo

Atha Dining Room

2 PM

May 23, Monday

Ride to the Wall

Motorcycle group

Courtyard

11 AM to 1 PM



IVH Appreciation Month activities provide enjoyment for residents, staff, and the community.

May 25, Wednesday

Oscar's Tractor Show

Funnel Cakes

9 AM to 3 PM

Bert & Matt 1 PM

Courtyard

May 30, Monday

Memorial Day Program

Dack Dining Rm.

9:30 AM

Training Department News *by Wayne Pierson*

Blitz Plans We are now in the planning stage for the next year's Blitz. The theme is **"Moments in American History."** There are events so memorable that you know just what you were doing and where you were when the event occurred. The Blitz will be held on the first and second Wednesday of each month from 8:00 am – 12:15 pm for all staff.

Culture Change: The Culture Change day was planned for this year only. It will not be a separate training. We will have a session that is looking at what we can do to improve a resident's feeling that they have a lot of choice and involvement in their lives.

Nursing: The Nursing staff will attend the annual Oral Hygiene and Restraint training after the lunch break.

CPR: Because the Red Cross went to a two-year certification in January 2011, we will teach the CPR Challenge Class through December. This allows all staff to obtain a two-year rotation; classes will be taught in the odd number years.

Facilities Management Department *by Kathy Shannon*



The Dock Day Room Expansion Project is just weeks away from completion. The framing and drywall is completed on all floors. The mechanical and electrical rough-in continues on all floors. The ceiling grid is being installed on the 3rd and 4th floors. The artist has indicated that preliminary designs for the stained glass panels are almost complete. The committee will have an opportunity to review the designs before the artist begins production. Furnishings are expected to

be delivered beginning in May. The State Building Inspector and the State Fire Marshall inspected the construction and agreed to allow IVH to inhabit the expansion as each floor is finished.

The Fox building also continues to progress well. A preliminary punch list inspection was conducted for Household 1 & 2. The punch list for the community space and the basement is expected to be conducted the second week of May. A group spent a day evaluating the mechanical systems and ensuring they were functioning properly. The exterior fencing will be removed so the landscaper can complete work around the buildings. The Ulery building is continuing to make progress. The expectation is that the first couple of households will be completed soon.

The Dietary Floor Replacement project is almost half completed. The Malloy LRC has been retrofitted to become a temporary portion of the kitchen so that the flooring in the east half of the kitchen can be replaced as well. Tuesday, April 26th the kitchen will move to the Malloy LRC in the dead of night. This ensures the temporary kitchen will be up and running by the time the residents are ready for breakfast. The temporary use of the dish room in the basement is coming to an end. The main dish machine has been reinstalled in the dish room and the conveyors have been re-attached. The sinks have been reinstalled and plumbed. The walls have been repainted and the lighting and ceiling tiles have been cleaned or replaced. The area is a much brighter place to work. Thanks to all the Dietary staff for their patience as we continue to work through the process.



The lighting project in Dock to convert the lights from the old T-12 bulbs to a more energy efficient T-8 bulb is complete. Beginning in June, the Malloy building will get the energy efficiency conversion begun as well. Maintenance will be replacing bulbs and ballasts in areas that are not frequently occupied and will work with each area to schedule the best time for lighting conversion in the occupied areas. Maintenance expects to complete the Malloy building by the end of December.

FOOD AND NUTRITION SERVICES

by Patty Crupi

In attempts to better serve IVH residents, many staff members find themselves assisting in providing foods, beverages and snacks. Once we occupy the new buildings, even more staff will be involved with the preparation and handling of foods. Thus, it is important that all staff have an understanding of basic food handling principles.

CDC estimates that over 46 million Americans (1 in 6) yearly become ill from improper cooking, handling and storage of food. Our IVH population is at higher risk due to age and health status.

As a result, all staff will soon be asked to view a slide presentation, "Keeping Foods Safe." This brief introduction to the do's and don'ts of food handling will be conducted on line, much like the BOLT Training. Information presented is pertinent to everyone, whether it relates to setting up meal trays, assisting residents to dine, helping with a unit breakfast or even preparing meals in our homes.

You will be receiving instructions soon regarding when and how to view the training.



Iowa will honor their Vietnam Veterans at a remembrance ceremony to be held **Saturday, May 7th, 2011, beginning at 10:00 a.m. at the Vietnam Memorial** – located on the south side of the State Capitol. The ceremony will include remembrance prayers, the laying of the ceremonial wreath, music by the MacKenzie Highlanders Pipes & Drums, and special guest speaker, Vietnam Veteran, Mary Ellen White.

For further information contact the Iowa Department of Veterans Affairs, 515-242-0033.

IVH will be featured on **WHO-TV Channel 13.1 and 13.2** in honor of National Nursing Home Week May 8-14.

Upcoming Events

Day	Date	Time	Event	Location
Tues	5/3	9-10:30 am	IVH Mini-Olympics	Dack Dining LRC
Wed	5/11	9am-3pm	Jerry's Barnyard at IVH	Courtyard
Thurs	5/12	9 am	Garden Box Planting at IVH	Courtyard
Wed	5/18	1 pm	Pie & Parking Auction	Dack LRC
Thurs	5/19	1:30-3 pm	IVH Ice Cream Social, live music	Atha Dining Rm
Sun	5/22	10 am	HVAAA Age Strong Live Long Walk On	Various locations
Wed	5/25	9am-3pm	Oscar's Tractor Show, funnel cakes, Bert & Matt	Courtyard
Mon	5/30	10 am	IVH Memorial Day Program	Dack Dining Rm
Fri	6/10	8am-5pm	IVH Staff Golf Tournament	Grundy Center
Sat	7/23-7/24		Marshall County Relay For Life event	MHS Track

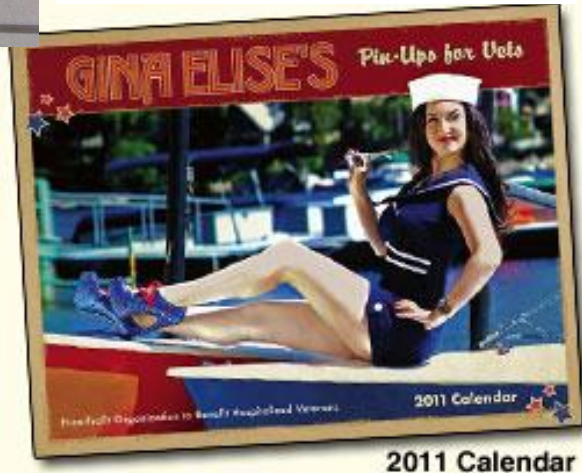
Pin-Ups for Vets Visits IVH



Gina Elise, creator of the Pin-Ups for Vets Calendars, says, "My late Grandpa Lou served in the army for 4 years during World War II. I wanted to do something to honor his name. I always loved the romance of those bygone eras - especially the 1940's - and I drew inspiration from the World War II pin-up girls, whose photos and paintings boosted morale for our soldiers fighting overseas." All proceeds from calendar sales benefit hospitalized veterans.



For more information about Gina Elise, appearances, or to order a calendar, visit her website at www.pinupsforvets.com.



2011 Calendar



IVH Staff Spotlight – Jason Soder

Jason Soder was born in Story City, Iowa. He grew up in rural Stratford, helping his family with the Soder bee business - the second largest bee business in the Midwest.

Jason started at IVH in August, 1996. So far, he has driven three different buses for a total of a quarter of a million miles and has taken our residents to over 7,000 activities around Iowa.

Jason has become our "Gamemaster," orienting our residents to the new computer Touch Play games and to our Wii game systems. The Touch Play games in Malloy, Dack and Heinz Hall entertain a great number of residents every month. These games are available 24 hours a day, allowing residents to play when it's most convenient for them. Jason also helps to keep the Recreation Therapy Department aware of the newest game revisions so we can keep the machines up-to-date.

When the construction began in the Malloy LRC and the gaming area was cut in half, Jason designed the new set-up for the pool tables and gaming machines. He also arranged for and helped with the relocation of the tables and machines. He is a valuable member of the therapeutic recreation team.

Jason is married to Lisa and they have two children, Jascy who is 4 and Ross, 1.

